

Birchwood Arbors Wellness Calendar—May 2018

Sunday

Monday

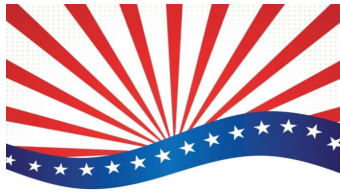
Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Room Key</u> AR = Activity Room C = Café CH = Chapel DR = Dining Room L = Lobby WR = Wellness Room CC = Care Center Dining Room</p>	<p>This calendar is subject to change. Please look at the daily flyers for any updates. Thank you!!.</p>	<p>1 9:30 Garden Painting w/Kris-WR 10:00 Catholic Service—CH 2:00 Bingo—DR Schwan's—C 3:30 Exercise—AR 6:15 Bible Study w/ Maynard—CH</p>	<p>2 9:30 Trivia—AR 10:00 Worship Crossroads—CH 10:30 Coffee Talk—AR 2:00 Exercise w/YMCA Silver Sneakers—AR 3:15 Bible Study with Jim—AR 5:30 Movie Night—Lobby</p>	<p>3 9:30 Rosary—CH 1:00 Parkinson's Support Grp--AR 2:00 Bingo—DR 3:30 Exercise—AR</p>	<p>4 9:30 Exercise—AR 10:15 Crafts with Dar/Ardee—AR 1:00 Walking Club—Outside 3:00 Farkel—AR 6:30 Bingo—CARE CENTER DINING ROOM</p>	<p>5 HAPPY BIRTHDAY NAOMII! 10:00 Coffee Talk—AR (Tenant Led) 5:30 Saturday Night Movie "Bride Wars"—Lobby</p>
<p>6 10:00 Worship with Brad—CH 2:00 Come down and enjoy some company! Ice Cream Social with Kris—DR</p>	<p>7 HAPPY BIRTHDAY JUDY! 9:30 Exercise w/Jess—CH 10:30 Worship with Jim—AR 12:45 Stories of the Heart—CH 2:00 Community Ed "Preventing Medicare Fraud /Avoiding Scams" 3:30 Kickball—AR 5:00 Card Club—AR</p>	<p>8 10:00 Catholic Service—CH 2:30 TCU Talk—DR 3:15 Men's Club—L 3:30 Exercise—AR 6:15 Bible Study w/ Maynard—CH</p>	<p>9 9:30 Exercise—AR 10:00 Worship with Forest Hills—CH 10:30 Coffee Talk—AR 2:00 Bingo—DR 3:15 Blackjack with Jim—AR 5:30 Movie Night—Lobby</p>	<p>10 9:30 Rosary—CH 10:30 Tracy's Slideshow—L 12:30 WALMART OUTING (You must sign up with Melissa) 2:00 Tenant Led Word Game-AR 3:30 Exercise—AR</p>	<p>11 9:30 Exercise—AR 10:15 Mosaic Tile Art—CH 10:30 Food Meeting—AR 1:00 Walking Club—Outside 2:00 Music with Mister Business—DR</p>	<p>12 10:00 Coffee Talk—AR (Tenant Led) 2:00 Music with Deb—WR 5:30 Saturday Night Movie "The Devil Wears Prada"—Lobby</p>
<p>13 <i>Mother's Day</i> 10:00 Worship with Chisago Lakes Baptist—CH 2:00 Come down and enjoy Ice Cream Social with Kris—DR</p>	<p>14 9:30 Exercise w/Jess—CH 10:30 Tenant Meeting—AR 2:00 Mindfulness Practices—AR 3:30 Kickball—AR 5:00 Tenant Led Rummikub-AR</p>	<p>15 HAPPY BIRTHDAY SHELDON! 10:00 Catholic Service—CH 10:30 Therapy Dogs—L 2:00 Bingo—DR 3:30 Exercise—AR Schwan's—C 6:15 Bible Study w/ Maynard—CH</p>	<p>16 9:30 Trivia—AR 10:00 Worship w/Faith Lutheran—CH 10:30 Painting with Vicky—AR 2:00 Exercise w/YMCA Silver Sneakers—AR 3:15 Bible Study with Jim—AR 5:30 Movie Night —Lobby</p>	<p>17 9:30 Rosary—CH 11:30 IN TO LUNCH (You must sign up with Melissa) 2:00 Bingo—DR 3:30 Exercise—AR 6:30 Music with Kelly—CH</p>	<p>18 9:30 Exercise—AR 10:30 Women's Club—AR 1:00 Walking Club—Outside 2:00 Music with Pam Kolupailo—DR</p>	<p>19 10:00 Coffee Talk—AR (Tenant Led) 2:00 Social Hour—DR w/Linwood Ladies 5:30 Saturday Night Movie "My Best Friend's Wedding"—Lobby</p>
<p>20 10:00 Worship with Pastor Jim—CH 2:00 Come down and enjoy some company! Ice Cream Social with Kris—DR</p>	<p>21 9:30 Exercise w/Jess—CH 10:30 Word Game—AR 12:45 Stories of the Heart—CH 2:00 Mindfulness Practices—AR 3:15 Travels w/Jim-Austria—CH 5:00 Card Club—AR</p>	<p>22 9:30 Garden Painting w/Kris-WR 10:00 Catholic Service—CH 2:00 Bingo—DR 3:15 Men's Club—L 3:30 Exercise—AR 6:15 Bible Study w/ Maynard—CH</p>	<p>23 9:30 Exercise—AR 10:00 Worship with Jim—CH 10:30 Coffee Talk—AR 3:15 Blackjack—AR 5:30 Movie Night—Lobby</p>	<p>24 9:30 Rosary—CH 12:00-12:45 General Store—WR 2:00 Family Feud—DR 3:30 Exercise—AR</p>	<p>25 9:30 Exercise—AR 10:15 Mosaic Tile Art—CH 1:00 Walking Club—Outside 2:00 Entertainment with Silver Stars—DR 3:30 Farkel—AR</p>	<p>26 10:00 Coffee Talk—AR (Tenant Led) 5:30 Saturday Night Movie "The Proposal"—Lobby</p>
<p>27 2:00 Come down and enjoy some company! Ice Cream Social with Kris—DR 3:30 Worship with Forest Lake Christian—CH</p>	<p>28  MEMORIAL DAY <i>Remember those who served</i></p>	<p>29 9:30 Garden Painting w/Kris-WR 10:00 Catholic Service—CH 2:00 Bingo—DR 3:30 Exercise—AR Schwan's—C 6:15 Bible Study w/ Maynard—CH</p>	<p>30 9:30 Word Game—AR 10:30 Coffee Talk—AR 1:15 Baking—AR 3:00 National Senior Health & Fitness Day Walk—Outside "Active Today, Healthier Tomorrow" 5:30 Movie Night—Lobby</p>	<p>31 9:30 Rosary—CH 10:30 OUT TO LUNCH (You must sign up with Melissa) 3:30 Exercise—AR</p>	